

Inside this issue:

Salute! To Your Good Health 2

Keep Los Gatos Beautiful Continued 2

Did You Know 3

Community Garage Sale Continued 3

Art in the Council Chambers 4

Wednesday Afternoon Movies 4

Weekly Senior Programs 4

See insert for details on senior programs and activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services—Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

Los Gatos Senior Center Newsletter

March / April 2005

April is “Keep Los Gatos Beautiful” Month

April is Keep Los Gatos Beautiful Month! The Town plans a series of events and programs each April to celebrate National Earth Day, National Arbor Day, and National Volunteer Recognition Week, which all occur during the month of April. Celebrating these events give the Town an opportunity to educate residents about the importance of protecting, restoring, and preserving our local environment - and it also provides an opportunity to celebrate volunteerism, which plays such a vital role in maintaining and improving the quality of life in Los Gatos.

Please help celebrate our beautiful community by participating in “Keep Los Gatos Beautiful” events.

This year’s “Keep Los Gatos Beautiful” activities range from beautifying the Los Gatos Creek Trail, to Adopt-a-Park trail projects, to a Thermometer Exchange event at the Los Gatos Farmers Market on Sunday, April 24, organized by the Santa Clara County Household Hazardous Waste Program. Drop off your mercury thermometer, and receive a non-mercury thermometer in exchange, free of charge (one non-mercury thermometer per household).

You are invited to celebrate Arbor Day on Friday, April 29 at 12:00 noon at Oak Meadow Park. The celebration will include tree planting and entertainment.

Consider bringing a picnic lunch to enjoy in this beautiful location.

For more information about any of these projects, or to volunteer your time, contact the Town’s Recycling Coordinator, Lauren Mende Tacké, at 399-5796, or via email at ltacke@losgatosca.gov. You can also find information about “Keep Los Gatos Beautiful” on the Town’s website, www.losgatosca.gov, under “What’s New!”

<mailto:ltacke@town.los-gatos.ca.us>.

We invite you to get involved and celebrate the Los Gatos community!

Annual Community Garage Sale

Spring is in the air, days are getting longer, and your garage is overdue for a cleaning! Lucky for you, it is also time for the Community Garage Sale. This is your chance to clean out your garage, attic, and closets and keep those valuable items from going into the landfill. This year’s Sale will be held Saturday, May 14, from 9 am to 4 pm. It is anticipated that more than 300 individual and group sales will be held throughout Los Gatos

Continued to page 2

Salute! To Your Good Health, *By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*

OK the holidays are over, winter rain has kept us indoors and bathing suit season is fast approaching! Many of us are so busy that we catch a quick cup of coffee in the morning and a piece of toast and call it breakfast. As the day progresses, we tend to keep eating to "catch up" on the nutrients our bodies are craving, but substituting comfort foods for higher density nutritious foods.

A healthy start breakfast can break this unhealthy, ineffective eating cycle, improve energy levels reduce stress and even help weight loss! Studies show that "breakfast

skippers" tend to eat more as the day progresses and choose higher calorie foods than those who eat a good breakfast.

To plan for a healthy breakfast, start with the food Guide Pyramid. It is recommended to get about 1/3 of your daily calories and nutrient needs from each food group at each meal. For breakfast, this means 1 serving of milk products, 1 fruit and 1 vegetable serving, 2 servings from the bread/cereal group and 1 serving from the fats/oils group. It may seem like a lot of food "on the run", but your body will run more efficiently and you will be more satisfied throughout the day. Here's an example of a

healthy start breakfast:

- 1 egg and 1 table spoon of low fat cream cheese cooked in the microwave together
- 1 English muffin split and toasted
- 1 tomato, sliced
- 1 banana, sliced
- 1 cup of skim milk

Place tomato slices and cooked egg mixture between muffin halves. Enjoy the sandwich with the milk and banana slices!

For more healthy start recipes, call Live Oak Senior Nutrition, 354-0707



"Annual Community Garage Sale," Continued from page 1

and Monte Sereno, making it a shoppers' paradise!

How does the Community Garage Sale work? Residents of Los Gatos, Monte Sereno, and the unincorporated areas of the two cities register to hold garage sales at their homes, or join with neighbors to hold block sales. The Town promotes all registered sales through press releases, newspaper and radio ads, flyers, and posters. Then, residents hold their garage sales on May 14. You choose the spot, we buy the ads, you keep the cash - it's that easy!

To register or to learn more about the Community Garage Sale, call the Town's Recycling Coordinator, Lauren Mende Tacké, at (408) 399-5796. Or, visit the Town's website at www.losgatosca.gov, and click on "What's New." On-line registration is now available for your convenience, and registration is free. The deadline to register is Friday, April 29, 2005.

Senior Spring Dance With the Nob Hill Sounds

Wednesday, March 23
6:30 — 8:30 p.m.

**Los Gatos
Neighborhood Center**

Admission is Free
Light Snack Provided

**Sponsored by the Los Gatos
Lions Club**

Did You Know? Home Safety Tips

Carbon Monoxide (CO) Poisoning Precaution: Heating Systems and Gas Appliances

- Install at least one CO alarm to protect sleeping areas.
- Have a trained professional inspect, clean and tune-up central heating system and repair leaks or other problems; fireplaces and woodstoves should also be inspected each year and cleaned or repaired as needed.
- Keep gas appliances properly adjusted and serviced.
- Never use an oven or range to heat your home.
- Never use a gas grill inside your home or in a closed garage.

Portable Space Heaters

- Purchase electric space heaters that bear the mark of an independent testing laboratory, such as UL.
- Turn off space heaters before leaving a room or going to sleep.
- Supervise children and pets at all times when a portable space heater is in use
- Use proper fuel in kerosene space heaters.
- Never use space heaters to dry flammable items such as clothing or blankets.
- Keep all flammable objects at least three feet from space heaters.

Calling All Talented Seniors !

Now is your chance to stop "hiding your light under a bushel." Join a talented group of performers in the Second Annual **Senior Idol Talent Show**. This year's show will be held on April 7 at 1 PM in the United Methodist Church Social Hall located at 111 Church Street in Los Gatos. We are looking for all kinds of performers: singers, dancers, musicians, comedians, etc.

This program is a great opportunity to show off your talent in a fun and relaxed atmosphere. Please contact the Los Gatos Senior Center at (408) 354-1514 or Live Oak Senior Nutrition Program at (408) 354-8700 for details on how to become a participant in **Senior Idol**.

Images of America: Los Gatos

Images of America: Los Gatos, by Los Gatos Library Director Peggy Conaway, with an introduction by State Librarian Emeritus Dr. Kevin Starr, an eminent California historian is now available for purchase. The book contains 227 vintage photographs of the Los Gatos area, taken during the years 1860 - 1960. Royalties from the publication will come back to the library to benefit "Hooked on Los Gatos - the Los Gatos History Project."

The publication is available at the Library, Los Gatos Borders Book Store, Testarossa Vineyards, Los Gatos Chamber of Commerce, Fiori's Gift Shop/Hallmark, Out of the Envelope, The Well at Los Gatos, The Los Gatos Company, Queen's Chest Gift Shop, and Barnes and Noble Bookshop.

Weekly Senior Programs at the Neighborhood Center

Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

Line Dance (Beginning):

For those with little or no experience.

Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

EZ Hands-On Computers:

Basic computer skills designed with seniors in mind.

Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700.

ART IN THE COUNCIL CHAMBERS Presents Mixed Media by:

**Los Gatos High School
Advanced Art Class**

**Exhibit Dates:
Feb. 28—April 28**

**Reception:
Thursday, March 3
6:00 pm to 8:00 pm**



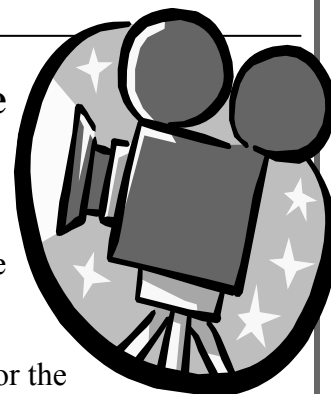
Senior Center Information

Los Gatos Senior Center
Located in the Neighborhood Center
208 E. Main Street, Los Gatos, CA 95030
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8 AM to 5 PM
Phone: (408) 354-1514
Email: lgallo@losgatosca.gov
Website: www.losgatosca.gov

Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). The March movie will be **Shall We Dance** and in April we will be showing **Troy**.



**Please join us for lunch and a movie, or just a movie and snack.
Enjoy our big screen movie experience!**

Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at lgallo@losgatosca.gov.

Name: _____
Address: _____
City: _____
State / Zip: _____
Phone: _____ Email: _____

Return completed form to: Los Gatos Senior Center,
208 E. Main Street, Los Gatos CA 95030